



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

APRIL 2019



Rocky Brienzo celebrates his 100th birthday with Maynard friends

The View from Here

The month of March was filled with inspirational programs on the immigrant experience. Our collaboration with the Maynard Public Library brought us two thought-provoking films about Mexican immigrants, ensuing heartfelt discussions led by Sally Thurston, and delicious lunch menus catered by Flo.

Pat extended the immigration theme to include documentaries and movies about the Irish, ending with a full house for viewing a film on the Irish Tenors at Ellis Island, which gave us great insight into how immigrants entered America.

I'd like to thank Joanne McCole, RN and Kathy Benson, LICSW of Nashoba Nursing Service & Hospice for leading a sensitive discussion of *Being Mortal* by Dr. Atul Gawande. The presentation was held at the Maynard Library. Many thanks to Sally Thurston for her help coordinating the event.

As we look toward spring, the saying "April Showers Bring May Flowers" lends us the opportunity for "water-themed" monthly programs. Check out our calendar for happenings such as *Under the Quabbin*, *The Great Flood of 1936*, and *Maidentrip*, about the youngest person ever to sail solo around the world.

Read page 3 for a hint about our theme for May. (Birds of course! Thank you to Pat for her clever write up about Maynard COA Rocks). It is personally my favorite time of year, and I can't wait to share it with you!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



Celebrate Spring!

Is Spring just around the corner? Like you, I can't help but be tempted to remember warmer weather and flowers when I notice the snow melting away and tops of bulbs peaking up from the soil. A few other signs of the season changing are observed by the recent events, like:

- The Assabet Valley Boys and Girls Club 5k Road Race at the end of March
- Baseball season's opening day at Crowe Park on April 13th
- "Kicking Off the Countdown to 150!" Fundraiser at Battleroad Brewery on April 25th
- Earth Day Celebration Activities on April 27th
- Artwalk downtown with the Maynard Business Alliance on May 4th

Its shaping up to be a fun-filled and busy Spring, and I'm excited to support the town's celebration of the season this year. I would remiss not to thank everyone who helps to make these special occasions possible, especially the volunteers that devote so much of their own resources both in time and money in contribution to the vibrancy of Maynard.

I'm thrilled to welcome aboard our new Assistant Town Administrator Megan Zammuto to the east wing of Town Hall. She'll help me in our efforts towards economic development, community outreach, special projects, and helping the town realize their vision for the future of Maynard. As a resident and past member of the town's Planning Board herself, Megan is a special asset to town staff and the Board of Selectmen, and I hope you show her the same warm, enthusiastic welcome you have given me.

Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net
978-897-1375

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 9:30 a.m. (April 16) at the Maynard Council on Aging & Senior Center. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.

Highlights of Upcoming Events

April & May Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

April Luncheon

Thursday, April 4 • Noon

Stuffed Shells, Meatballs & Sausages

Salad & Garlic Bread, Dessert

\$8.00 Pay at the door

Deadline to sign up is April 11th by noon

May Luncheon

"Swinging on a Star"

with Roger Tincknell

Thursday, May 9 • Noon

Chicken and Steak Fajitas, Rice and Beans, Dessert

\$8.00 Pay at the door

Deadline to sign up is May 2nd by noon

Please remember to sign up for the luncheon by the date listed above ~ we need to give Flo a count.

If you need to cancel please do so by the dates listed above.

Line Dancing

Starts Tuesday, April 2nd, 9:30!

Lunch and Listen at St. John's, Sudbury

Live Music with Nancy Day

Tuesday, April 9 • Noon to 2 p.m.

Come for a hot lunch, with live music provided by Nancy Day, an exceptional pianist and vocalist who sings a wide array of music. The luncheon will be held on Tuesday, April 9, at St. John Lutheran Church in Sudbury. Our menu will feature Chicken Cordon Blue, roasted potatoes, green beans, and tossed salad.

Although St. John is now located in Sudbury, the congregation was first gathered in Maynard in 1894, and the church is deeply connected to the town of Maynard.

A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Friday, April 1st. St. John is located at 16 Great Road in Sudbury.

Nutrition Discussion Cooking for 1 or 2

Wednesday April 10th • 11am

Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services will provide you with tips for planning, shopping, and cooking healthy meals when you are cooking for 1 or 2 people. Sign up!

**The Council on Aging will be closed on
Monday, April 15 in observance of Patriots' Day**

Maynard COA Rocks

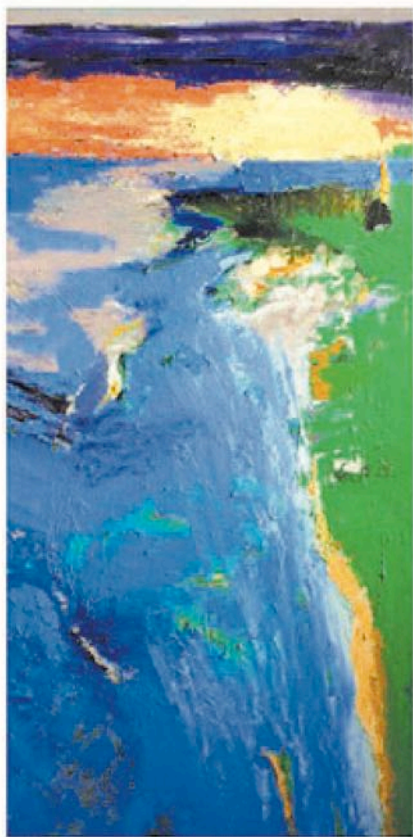
Wednesday, May 1 • 11 a.m.

We know that Maynard seniors rock, but a little birdie told us they also love birds. This makes Amy happy as a lark! Please join us as we kick off our bird-themed month of May with a wonderful class taught by Mass Audubon specialist and rock painting artist Sylvia Guthrie. She will take you under her wing and teach you everything you need to know about painting birds on rocks. You'll be proud as a peacock when you see what you can create. This class is free as a bird but has limited reserved seating so sign-ups are required. Artists may flock to this class like a duck to water, but no experience is necessary. Materials will be provided. Owl you need to bring is your creativity. Limit: 8. Call us crazy as loons, but if this class fills we will offer a second class on May 8th.



CareOne Presents: It's Time for Spring Cleaning! Thursday, April 25, 12:30 p.m.

Learn about energy conservation in the home and ways to modify your home set up to make daily tasks less exhausting. Light lunch provided. Must sign up!



"The Mark of Emotion"

a group show curated by Sallie Strand

April 10th through May 17th

**"Mini" ArtSpace Artists' Open Studios:
Saturday, April 13th from 4 – 6 p.m.**

Opening Reception:

Saturday, April 13th from 5 – 7 p.m.

This exhibit of Contemporary Abstract Expressionism portrays the interior landscape of the artist rather than the familiar exterior. Artists Jane Cohen, Joanne Hotje and Sallie Strand approach their work with similar intent yet differing results. They are each strongly influenced by nature and imagery may infiltrate the work yet rely on intuition to guide the exploration to the finished painting. Their work is lyrical, energetic and thoughtful.

Gallery hours are Wed - Sat , 11 a.m. to 3 p.m.

**The ArtSpace Gallery is located at
63 Summer Street in Maynard and is free to
the public and is wheelchair accessible.**

For more information, please call (978) 897-9828

**or go to www.artspacemaynard.com
and like us on Facebook.**

Come join the art scene in Maynard!



6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography
Ceramics • And More

EXHIBITS

Tangled Bank



**Images inspired by riverbanks and
surrounds by Peggy McClure**

April 9 - May 14, 2019

Reception: April 13, 7:00–9:00 pm

**77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825**

"Attracting Birds, Butterflies and Other Beneficials"

Wednesday, May 15, 6:00 p.m. • Maynard Public Library

John Root, naturalist and landscaper, will provide guidance on attracting beneficial wildlife by meeting their needs for food, cover, and water. A variety of pollinators and other beneficials as well as plants that can sustain these organisms throughout the growing season are described, and organic methods for establishing pollinator gardens are presented. Sponsored by the Council on Aging.



39th Annual Senior Conference

Thursday, April 18 • 8 a.m. - 2 p.m.

Hosted by State Senator Jamie Eldridge

Assabet Valley Regional Technical High School, 215 Fitchburg Street, Marlborough

Workshops, Entertainment, Exhibits, Prizes, Speakers & Free Lunch
Please call the Council on Aging at (978) 897-1009 if you need a ride



A Benefit Concert for: The Meakin-Tyler Family Trust

Saturday, April 20, 7:30 to 10:30 p.m.

Maynard Lodge of Elks, 34 Powdermill Road, Maynard

Country Western Entertainment • Light Refreshments & Cash Bar • Tickets \$10:00

For tickets contact: Joan Meakin at (978) 298-5054 or Leon Tyler at (978) 265-6105
Questions about The Meakin-Tyler Family Trust? Email casuther@fas.harvard.edu.

Kicking Off the Countdown to 150!

A Fundraiser for Maynard's 150th Birthday

Thursday, April 25 • 5:30 - 8:30 p.m. • Battle Road Brewhouse

Free Admission

"Wine Pull" Raffle - Food - Cash Bar



**Buy & Sell Online
with Craigslist**
Tuesday, April 23rd @ 7pm
**Roosevelt Room,
Maynard Public Library**

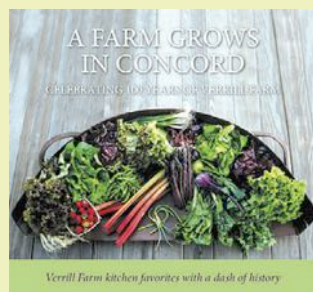
Looking to sell your old couch, baseball card collection, or clear out your basement of antiques? Craigslist can help! Learn the ins and outs of the Web's most prominent classifieds listing site with this 1 hour workshop!

(While not mandatory, feel free to bring a laptop to follow along and list your own item!)

Please register at
www.maynardpubliclibrary.org or by calling
the Reference Desk at 978-897-1010 x103.

**Celebrating 100 Years
Of Verrill Farm!**

Maynard Library, Roosevelt Room
Thursday, April 25 at 7:00 PM



In 2018, Verrill Farm celebrated its 100th anniversary by publishing a book—a blend of family, farm & Concord history along with 80 favorite Verrill Farm kitchen recipes.

Verrill Farm staff will discuss the book, farm history and the farm's place in the community.

Copies of the book will be available
for purchase and signing
along with samples of baked goods.

Maynard Public Library, 77 Nason Street
978-897-1010 • www.maynardpubliclibrary.org

**The Randall Library Friends present their
Adventures in Food and Travel Series
A Look Inside The Great American Baking Show**

Tuesday, April 9 • 7:00 pm • Stow Community Center, 509 Great Road, Stow

Meet Cindy Maliniak—a finalist on The Great American Baking Show! Cindy will give a firsthand look inside the process of becoming a contestant as well as some behind the scenes stories of production and personalities of this very popular cooking show. Cindy will also bring some of her winning desserts for sampling.

Free and open to the public; please register at: at the
Randall Library at 978-897-8572 or at
www.stow-ma.gov/recreation-department/pages/recreation

Brought to you by the Randall Library Friends Irwin Memorial
Fund and co-sponsored by the Town of Stow Recreation
Department Learn more about this series at
www.stow-ma.gov/randall-library





8th Annual Maynard Book Festival

Events through April 15 at The Maynard Public Library

A month-long series of thematically related events

Inspired by the book *One Goal: A Coach, a Team, and the Game That Brought a Divided Town Together* by Amy Bass

Wed., April 3 • 7:00 pm

Book Discussion

Thurs., April 4 • 7:00 pm

Concert with Goza Brazilian Quartet

Sat., April 6 • 10:30 am

Special Festival Storytime and Craft, preschoolers

11:00 am

West African Drumming (ages 5 and up)

1:00 pm

Lessons from Lewiston and Lowell: Refugee Resettlement in the US with Cheryl Hamilton, Director of Special Projects at International Institute of New England; Fatuma Hussein, Executive Director of the Immigrant Resource Center of Maine; and Yusuf Abdi, Employment Case Specialist at IINE

3:00 pm

Keynote Address by Amy Bass, author of *One Goal: a Coach, a Team, and the Game that Brought a Divided Town Together*

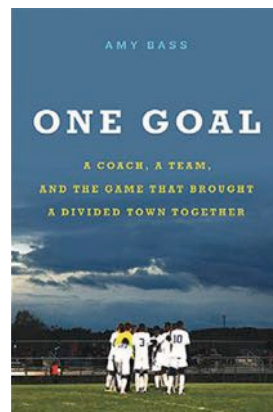
Sun., April 7 • 2:00 pm

History Walk with Paul Boothroyd: Maynard Immigrants.

Rain Date: 4/14

Saturday, April 13 • 2 - 4 pm

Immigration Nation Art Exhibit Reception with Nora Valdez



Find out more at www.maynardpubliclibrary.org/mbf2019

April Cookbook Club

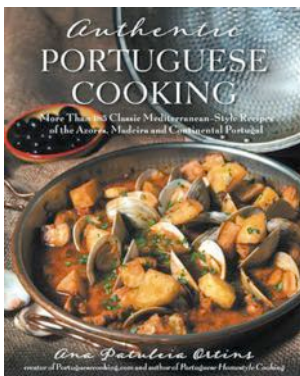
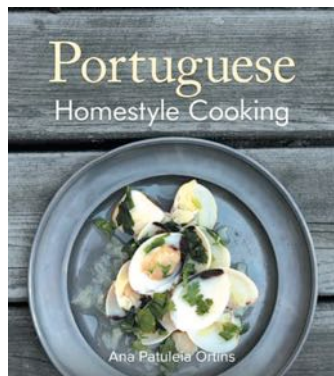
Monday, April 8 • 12:00 Noon

In April, we will travel to Portugal, the Azores and Madeira with two books by Ana Patuleia Ortins—*Portuguese Homestyle Cooking* and *Authentic Portuguese Cooking*.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 8th. First-timers are invited to come without cooking.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.



Julie Berry

Tuesday, April 9 • 7 pm

The Friends of the Maynard Library are delighted to welcome back Julie Berry, former Maynard resident and one of our favorite authors, to talk about her latest book *Lovely War*.

The reading will be held in the Roosevelt Room of the Maynard Library. It is free and open to the public and will be followed by a book signing. Light Refreshments will be served.



ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY

Monthly Events



Pizza and a Movie

"Maidentrip"

Wednesday, April 24th • 11 a.m.

Born on a boat and raised in shipyards, Laura Dekker grew up with one dream: to sail around the world alone. At thirteen, her daring plot sparked resistance from Dutch authorities and a global storm of media scrutiny. A year later, she won the right to set sail. Now, far from land, family, and unwanted attention, Laura spends her pivotal teenage years exploring the world alone in search of freedom, adventure, and lost childhood dreams. Jillian Schlesinger's debut feature amplifies Laura's brave, defiant voice through a mix of Laura's own video and voice recordings at sea and intimate vérité footage from locations including the Galapagos Islands, French Polynesia, Australia, and South Africa.



APRIL SHOWERS BRING MAY FLOWERS....

JOIN US FOR WATER-THEMED
PROGRAMS THIS MONTH

SIGN-UPS ARE REQUIRED FOR ALL PROGRAMS



Under the Quabbin

Friday, April 5th • 11:30 a.m.

Beneath the millions of gallons of water that flow into homes across eastern Massachusetts is a story of buried history, scientific discovery, & individual hopes & dreams destroyed in the name of progress. Edward Klekowski, a UMass biology professor with a passion for scuba diving, chronicles an unprecedented search for the remains of four lost towns under the Quabbin Reservoir. This wonderful documentary includes recollections from former residents of those towns as well as haunting underwater footage.

Nashoba Nursing Service & Hospice

Presents:

"Warning Signs – Do I Have It?"

Dementia Informational Presentation

Friday, April 12, 12:30 p.m.

Light lunch at 12:00 p.m.

Memory loss disrupts daily life and may be a symptom of Alzheimer's or another type of dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Each individual may experience one or more of these signs in different degrees. Presented by Whitney Rohrer, MS, OTR/L. Must sign up!



The Great Flood of 1936

Friday, April 19th • 11:30 a.m.

In March 1936, the greatest flood in over 300 years roared down the Connecticut River due to a hard winter followed by exceptionally early, warm spring weather. The makers of this film take you on a wild ride as the Connecticut River overflows its banks. This Emmy nominated video features actual film footage of the great flood and interviews with people who were there.

The Living Sea

Friday, April 26th • 11:30 a.m.

The Living Sea is a celebration of the world ocean – its beauty, diversity and its importance to all life on earth. It takes you to Palau, Hawaii, California, Alaska, and many more scenic destinations. Along the way you will spend time with some surfers, a Coast Guard rough weather rescue squad, a deep-ocean research team, humpback whales, golden jellyfish and giant clams. This documentary narrated by Meryl Streep and featuring music by Sting, was nominated for an Academy Award.



Indian Hill Music

Thursday, April 18th • 11 a.m.

This program highlights Keyboard Music Through the Centuries. It features Tatianna Kolossova Bercu, Kathleen O'Boyle, Jon Panek, and Daniel Mai. Please call the COA to reserve a seat at our table for this wonderful performance. Complimentary coffee, tea and cookies will be served. The concert is free.



CALENDAR

Z-GOLD TONING WITH RITA V. - MONDAYS - 9:00 a.m.

Rita's classes contain exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

KNITTING & CROCHETING CLUB - MONDAYS - 9:30 a.m.

Join us to learn, teach and hear a good "yarn!"

TAI CHI - MONDAYS - 12:30 p.m.

STRETCH N' FLEX - MONDAYS - 10:30 a.m. (Starts April 8th)

Increase both strength and flexibility while connecting breath to movement. Start on mats with gentle stretches, moving to your feet with warm up exercises and finishing on the mat using blocks and straps.

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

CHAIR YOGA - TUESDAYS - 9:30 a.m. (Starts April 9th)

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

LINE DANCING - TUESDAYS 9:30 a.m.

YOGA WITH TERRY - TUESDAYS - 11:30 a.m.

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

YOGA WITH LISA - THURSDAYS - 9:30 a.m.

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life.

ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.

ZUMBA GOLD - FRIDAYS - 9:00 a.m.

KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

**COA
BOARD
MEETING
APRIL 16**

Bingo
Wed., April 17th
11:00 a.m.

**Keep Well
Clinic**
Wed., April 17th
12:30 p.m.

**NOTE THE CHANGES TO STRETCH
& FLEX AND CHAIR YOGA!**
Stretch & Flex now on Monday at 10:30
Chair Yoga now on Tuesday at 9:30

Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

Mon - Thur
Stop & Shop in Acton
Friday: Shaw's in Stow

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

APRIL 9 MARKET BASKET

Market Basket. Pick-ups start at 9:00 a.m. Van cost \$3.00.

APRIL 23 WALMART

Walmart. Pick-ups start at 9:00 a.m. Van cost \$3.00.

Contact CrossTown Connect to make a reservation for:

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

Snow Day Van Service

The Council on Aging van does not provide service when the Maynard Public Schools have a cancellation. If the schools have a delay, or winter weather is expected, riders will receive a call the day/night before with an update about the next day.

Council On Aging Van

To schedule the van call CrossTown Connect: (978) 844-6809

The Council on Aging van runs from 7:00 a.m. to 3:00 p.m. and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you MUST notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

The Maynard COA & Senior Center presents Cape Cod Canal's 105th Anniversary Tour Wednesday, July 17, 2019

On Wednesday, July 17, 2019, we will travel to beautiful Cape Cod and see the historic and scenic sights in Sandwich, the oldest town on the Cape. Then we visit the Sandwich Glass Museum, where we will view glass blowing artisans creating gorgeous pieces of art. The Grand Buffet Lunch at the famous Daniel Webster Inn follows. The special treat of the day is a narrated two hour cruise of the Cape Cod Canal, where we will learn about this important maritime resource, while delighting in the scenery and beautiful homes and resorts along the way.

Tour cost: \$90. per person. Payment must be made when you sign up to reserve your place. Preference will be given to Maynard seniors first.



AWESOME ITALIAN DINNER - MAY 3, 2019



Sponsored by the Friends of Maynard Seniors

Join us on **Friday, May 3rd** at the Maynard Lodge of Elks Hall, 34 Powder Mill Rd, to enjoy our **second annual Italian dinner** to benefit the Friends of Maynard Seniors, Inc.* Our fundraising efforts provide support and programming for the Maynard Senior Center and the Maynard Council on Aging. Join us for good food, good company, and good music.

DOORS OPEN at 5:30pm. DINNER IS SERVED from 6-6:30pm.

Our menu includes pasta, including a gluten-free option, Italian chicken, pasta and sauce, meatballs, salad, bread, and dessert. Cash bar. Come one, come all. A great family event raising funds for a great cause! **A 501 (c)(3) charitable organization.*

Raffle Baskets will be offered as an additional fundraiser during the Italian Dinner. Take your chances and win a basket! You need not be present when the winners are drawn.

TICKETS ARE \$20, PAYABLE AT THE DOOR.

Contact the Maynard COA at 978-897-1009 for more information.



Community Dinners & Pantry

Join us for our Community Dinner at our 33 Main Street location in Maynard on Monday evenings, 5:00-7:00 PM. Doors open at 5:00, dinner served at 6:00. Our Concord Community Dinner is at First Parish Church, 20 Lexington Rd. in Concord on Thursday evenings, 4:45 - 6:30 PM. Doors open at 4:45, dinner served at 5:30. All are welcome!

Pantry: Tuesdays, 3:00 pm - 6:30 pm & Thursdays, 3:00 pm - 6:30 pm.

Pantry service is available for seniors only (55 years and older) on Tuesday afternoons (12:45 - 3:00 pm) by appointment.

Pantry shopping is available by appointment; please contact us (info@opentable.org) for more information or to schedule an appointment.

Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

Hours of Operation: The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

Directions: 82 Main Street, Maynard, MA 01754
978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

Snow: If the Maynard schools are closed due to snow, the Maynard Food Pantry is also closed. All attempts will be made to open the next day.

Maynard Golf Course's Couples Cribbage League

Session 1 Begins (10 weeks)
Monday, April 22 • 7 p.m. Sharp
\$150 per team (due by week 3)

Pay off top 2 teams • End of Session Banquet
Kitchen / Bar will be open with League Specials

Sign up by April 8th by emailing Lee Ann at lee@sterlinggolf.com

DUES, de DUES, are DUE

The Friends of Maynard Seniors would like to gently remind all members that your annual dues are due and payable if you have not already done so this calendar year. Dues are only \$15 per year. It's a bargain and our seniors are worth it!

Our new and more concise mission statement is as follows: The mission of the Friends of Maynard Seniors is to enhance the well-being of our senior citizens by providing financial and operational support for the programs and services of the Maynard Council on Aging. We seek to increase community awareness through our activities and volunteer efforts to the importance of the Council on Aging in our community.

Furthermore, we adhere to a policy of non-discrimination in regard to all persons, irrespective of their race, color, creed, religion, national origin, sex, sexual preference, age, disability or veterans' status. As a 501(c)(3) charitable organization, we comply with all requirements of the laws and regulations with respect to the provision of services.

Peg Brown | President, Friends of Maynard Seniors

RAFFLE BASKETS WANTED!

We are seeking donations of a few Raffle Baskets for our Awesome Italian Dinner fundraiser on May 3rd. The baskets need not be fancy or lavish. Any contributions would be welcome. Call the COA at 978-897-1009 if you have questions or to let us know you would like donate a basket.

IT'S TIME TO RENEW YOUR ANNUAL DUES!

FRIENDS OF MAYNARD SENIORS, Inc.*

We promote fundraising events to support
Maynard Senior Center programs and services.

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

**\$75 BUSINESS or
CORPORATE**

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

Payable to: **Friends of Maynard Seniors, Inc.,**
195 Main Street, Maynard MA 01754

** We are a 501(c)(3) charitable organization.*

CRAFT BEER, SELECT WINE & ARTISANAL COMFORT FOOD

*Neighbors
on Tap*



MONDAY,
APRIL 29, 2019
5:00-7:30PM
at RAPSCALLION
TABLE & TAP in ACTON

DRINK BEER, DO GOOD



PROCEEDS FROM
NEIGHBORS ON TAP
WILL SUPPORT MEALS
ON WHEELS, SENIOR
DINING CENTERS,
AND OTHER
PROGRAMS THAT
HELP OLDER ADULTS
TO AGE-IN-PLACE

**PURCHASE TICKETS FOR THIS FUNDRAISING EVENT AT
WWW.MINUTEMANSENIOR.ORG**

SPACE IS LIMITED - BUY YOUR TICKETS TODAY!

TICKET COST OF \$50 INCLUDES
BEVERAGES AND APPETIZERS

Thank you to our sponsors!



Living Memorial

This form allows you to make a donation that will support and enhance the senior services in our Maynard community. The individual or families you have chosen to honor will be notified of your contribution.
Your support is needed and greatly appreciated.

I am enclosing \$ _____ In honor/memory of: _____

Send acknowledgement to:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Make checks payable to: Maynard Council on Aging. Mail to: 195 Main St., Maynard, MA 01754



REP. KATE HOGAN'S SENIOR NEWS

APRIL 2019

Legislative Preview: Tackling the cost of prescription drugs and opening doors to dental care

This winter was marked by snow flurries in MetroWest and a flurry of activity at the State House. I filed 27 bills and co-sponsored 173 additional legislative priorities as I stepped into my new role as First Division Chair. As a member of the House leadership team, I am proud to work with lawmakers from diverse backgrounds and be at the helm of important conversations for our state. My time as the Chair of the Committee on Public Health has prepared me for this new leadership role and the work ahead of us. Open the newspaper or turn on the morning news and it is clear that this is a pivotal moment for our state's public health – and the health and well-being of our seniors in particular.

As bills begin working their way through the legislative process, I want to highlight some of the bills I filed that aim to bring greater access, affordability, and transparency to health care. I want to start by sharing with you two of my pieces of legislation that address the rising cost of prescription drugs and the inability of thousands of state residents to access oral health care.

An Act to promote transparency in prescription drug prices (H1162):

Likely affecting your bottom line is the rising cost of prescription drugs – one of the most pressing public health issues facing the Commonwealth. For seniors on a fixed income, the expense of essential prescriptions can be a significant obstacle to care. The reality is that despite these escalating costs, the complex process of setting prescription drug prices has evaded impactful oversight and accountability. The legislation I filed acknowledges that a key step towards increasing transparency, and ultimately lowering the cost of pharmaceuticals, is to require state agencies to provide insight and analysis on which prescription drugs have the most burdensome price tag. Pharmaceutical companies would then be obligated to justify those price increases to legislators, state agencies, and health care policy groups.

An Act to improve oral health for all Massachusetts residents (H1916):

Age. Mobility. Geography. Income. These are just some of the many reasons thousands of Commonwealth residents are unable to access adequate dental care. I have refiled a bill this session that will increase access to oral health care for currently underserved populations by authorizing a mid-level provider called a dental therapist. These newly created dental therapists will be trained to perform essential dental care like filling cavities under the general supervision of a dentist, tapping into telehealth tools to share x-rays and consult on cases that are more complex. One of the most powerful impacts of authorizing dental therapists would be their ability to bring oral health care to our communities most in need and reach residents where they are – even in nontraditional settings like nursing homes.

I look forward to meeting with seniors in our towns this spring and taking the time to talk about any of my bills that my constituents would like to know more about. Stay tuned for more information on my legislative and budget priorities for seniors in the coming months. In the meantime, you can explore all of the bills I have filed this session on my legislator profile – simply search for “Kate Hogan” on the state legislature website: malegislature.gov

Please note my updated office information below.

Hogan's Office Hours

Hudson Office Hours: Thursday, April 18th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Hours: Mondays and Thursdays, 10AM-3PM
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov



COMING SOON TO FINE ARTS THEATRE PLACE

Dumbo

COMING MARCH 28

Starring Lucy DeVito & Colin Farrell

An elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and friends discover dark secrets beneath its shiny veneer.

Pet Sematary

COMING APRIL 5

Starring Jason Clarke & John Lithgow

Louis Creed, his wife Rachel, and their two children Gage and Ellie move to a rural home where they are welcomed and enlightened about the eerie 'Pet Sematary' located nearby.

The Philadelphia Story

COMING APRIL 9 & 10

Starring Cary Grant & James Stewart

When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself.

Avengers: Endgame

COMING APRIL 26

Starring Brie Larson & Karen Gillan

After the devastating events of Avengers: Infinity War (2018), the universe is in ruins. With the help of remaining allies, the Avengers assemble once more in order to undo Thanos' actions and restore order to the universe.

Gift Baskets

Date Night Pack- \$25

2 Movie Passes

2 Snack Passes

2 Candies

(\$40.50 Value)

Family Fun Pack- \$50

5 Movie Passes

5 Snack Passes

5 Candies

(\$103.75 Value)

VIP Pack- \$100

12 Movie Passes

12 Snack Passes

12 Candies

(\$249 Value)

Makes a great gift Easter treat for the whole family!

Email us at info@fineartstheatreplace.com for ordering information.
Orders must be placed by April 15th for pick-up before the Easter holiday



FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

www.fineartstheatreplace.com

(978) 298-5626

Email us at info@fineartstheatreplace.com to join our mailing list, or visit us online or Facebook for weekly show times and special screenings!